

A N N U A L N A R R A T I V E R E P O R T

For

GREENLEE COUNTY

ARIZONA

MRS. ANN C. WESLEY
Assistant Home Agent

March 11, 1957 to June 30, 1957

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A. NARRATIVE SUMMARY

The assistant home agent was assigned to Graham and Greenlee Counties on March 11, 1957. During the period March 11 - May 1, she spent her time directly under the supervision of the home agent in charge of Graham and Greenlee Counties, with time divided between the two counties. This was a period of orientation for new agents on a county level. This included orientation in (1) office procedure, (2) county contacts, (3) 4-H Club Work, (4) Homemakers meetings, (5) Information articles, and (6) radio as a practical medium for promoting Extension work.

On May 2 she started devoting full time to the Greenlee County Extension Program. During the last six weeks she worked out of the Greenlee County office entirely and was responsible (with the home agent's and county agent's guidance) for all Home Economics Extension Work conducted in the county.

The assistant home agent spent 64 days in Greenlee County, with time fairly equally divided between adult and 4-H Club Work (35 days adult - 29 days 4-H).

Tabulation for this period is as follows:

- 66 Home Visits
- 36 Different Homes Visited
- 176 Office Calls Made or Received
- 17 Letters Written
- 2 Press Articles Prepared for the Copper Era
- 27 Telephone Calls
- 64 Bulletins and Mimeos Distributed

B. COUNTY SITUATION

Greenlee County is the second smallest county in the State of Arizona. It is long and narrow in shape. It is divided into three main economic areas, a natural division resulting primarily from the topographical conditions. The high mountains of the north include mining and some sparse ranching areas. The mid-section includes some farming due to the proximity at this point of the Gila River. However, the central area of the county is primarily ranching. The main agricultural activity of the county is found in the southernmost part. For this reason, the County Agent's Office is located in Duncan, not far from the southernmost border.

Economically, Greenlee County is one of the richest in the state due to the extensive holdings and large payroll of the Phelps Dodge Corporation. Two types of people are evident - the mining workers who depend upon a weekly paycheck and the ranchers and farmers whose income is dependent upon farm sales and ranching.

Two of the largest communities - Stargo and Plantsite - are not incorporated towns.

C. EXTENSION ORGANIZATION AND PLANNING

1. Organization

Extension Service work is sponsored by the Greenlee County Board of Supervisors. There are now five organized Homemaker Clubs in the county - one in each recognized community except the Franklin area near the New Mexico State Line.

1. Duncan Homemakers Club
2. York Homemakers Club
3. Morenci Homemakers Club
4. Clifton Homemakers Club
5. Plantsite Homemakers Club

2. County Council

The Greenlee County Homemakers Association is composed of the entire membership of all clubs in the county. The association meets twice a year; its officers act as a governing body, though a recent motion to create a county council to conduct the business affairs of the association was not carried. The Spring Meeting of the association was held on April 10, 1957 at the Cerenade Inn in Clifton. 31 members were present. Four community clubs were represented, and the yearly report from each club was given. Yearly projects have included furniture refinishing, furniture upholstering, sewing cabinets, freezer food demonstrations at Experimental Farm, home barbeque construction, and an active part in the Greenlee County Fair. All four clubs received Achievement Awards at this meeting. As a special program for the meeting, a film on correct "Parliamentary Procedure" was shown.

3. National Home Demonstration Week

National Home Demonstration Week was observed by the York Homemakers with a window display at the Duncan Mercantile Co. This was a display of the sewing cabinet that was a project for the year. An interesting side note is the fact that a tourist from Missouri travelling through Duncan on a Sunday morning awakened the store owner and tried to buy this sewing cabinet to take home to his wife.

4. New Club Organized in Duncan

The Duncan Club was organized on June 12, 1957. This club stemmed from current interest in the Duncan area after a period of no organized Extension Club work in the community proper. A change in potential leadership in the area brought about the request for a new club when one particular member of the community returned after a long absence. Through her efforts (Mrs. Clara Edgar) eleven charter members were present at the organizational meeting. This new club has the excellent support of the County Homemakers Association.

Mrs. Faye Forehand, home improvement project leader of the Clifton Homemakers Club and Vice President of the Greenlee County Homemakers Association, presented a short lesson on "Proper Use of Accessories in the Home" at the organizational meeting. She also gave a short discussion as to the member's responsibility in a Homemakers Club and the advantages she has found in being a member of an organized Homemakers group. Miss Mildred Eaton, home agent for the county, presided at the meeting and gave a short outline of the background of the Homemaker Club program and the role of the Extension Service. The members selected "Use of Color in the Home" as the next lesson topic, this to be presented by the home agent.

D. HOME FURNISHING AND EQUIPMENT

1. Making the Home More Attractive

Making the Home More Attractive was the yearly project chosen in the Home Improvement field.

In February, Miss Ryan, State Specialist in Home Management and Home Furnishing, conducted a Leader Training Meeting at the home of Mrs. Pelly Smith in Plantsite. Project leaders from all Greenlee County Homemaker Clubs were present at the meeting which was divided into three phases:

- (a) Making the home more attractive through the use of good furniture arrangement, stressing traffic lanes, use, balance, and centers of interest.
- (b) Making the home more attractive through the use of draperies.
- (c) Making the home more attractive through the proper use of accessories in the home.

These lessons were presented to the clubs by the leaders in the March, April, and May meetings respectively. In May, the assistant home agent was asked to present the lesson on "Proper Use of Accessories in the Home" to the Morenci Club and to the York Homemakers Club. This was done because the Home Improvement leaders felt that the time elapse was too great between the February LTM meeting and the May lesson meeting.

2. News Releases

Two news releases by the assistant home agent, one on furniture arrangement and one on the importance of color as a tool in home decorating, were sent for publication to the Morenci Copper Era, a weekly newspaper.

3. Color As a Tool in Home Decorating

On April 11, 1957 the assistant home agent spoke to the members of the Stargo Garden Club on the subject "Color As a Tool in Home Decorating". This meeting was held at the home of Mrs. Charles Lafferty in Stargo. The talk was illustrated by showing the use of the color wheel and how the basic principles of color could be applied in the home in a practical way. Material samples were also used.

4. Other Activities in Home Improvement Field

Other activities in the Home Improvement field have consisted of filling requests for information on buying equipment. Also, a service on checking pressure guages for pressure cookers was open to the homemakers in the county. A few of the home makers brought their pressure cookers into the county agent's office for this service.

E. HOME MANAGEMENT AND ECONOMICS

1. Money Management Conference

Four days were spent by the assistant home agent attending the Money Management Workshop at the Univeesity, May 14-17, 1957.

Dr. Starley M. Hunter, Specialist in Family Economics and Home Management, U. S. D. A., spearheaded the four-day program. Her subjects were Family Values, Goals, and Needs; Family Resources; Methods of Teaching Credit; Use of Family Income; Making a Spending Plan; Business Centers and Record Keeping; Developing the Business Center; and Methods of Presentation. Dr. Hunter's views and ideas were most practical and reflected a broad background in Extension Work.

Dr. George W. Campbell, Specialist in Agricultural Exonomics, University of Arizona, gave a most informative lecture on "The Economy in Which We Live". This lecture opened the workshop and provided the basic factors as to why such a workshop was needed by Extension agents.

One of the most interesting sessions of the workshop was that on Family Use of Credit. This was a panel discussion and Dr. Lauren Casaday, Director of Bureau of Business Research, University of Arizona, was moderator. Panel members were Mr. Glenn Johnson, Tucson, representing Banking Services; Mrs. Enriqueta de Meester, Tucson, Retail Credit; Mr. S. W. Seaney, Tucson, Merchant's Credit Association; and Mr. S. Winn Shackelford, Consumer Finance Company, representing small loan companies. Each panel member presented to the group the functions and views of the organization which each represented on the panel.

Another valuable session was that on Installment Buying led by Dr. Ruth C. Hall, Director, School of Home Economics, University of Arizona. Buying assignments were given to each of the agents, with instructions to get full data on cost (cash and on credit) of some home furnishing or appliance which particularly interested them. Reports were made to the group by the individual agents on differences between cash and credit buying of items selected. Dr. Hall then clearly showed by actual analysis the high cost of installment buying and the hidden costs so much a factor in installment buying today. A Practical Formula For Computing Interest was taught to the group. It was interesting to note that when actually analyzed, interest charged in some cases was enormous - as high as 43 percent.

Mrs. Marion Stevens Eberly, Director, Women's Division, Institute of Life Insurance, presented the role of Insurance in Family Economics. Her two subjects were "Insurance Survey of Family Needs" and "What Others Are Doing". Information presented by Mrs. Eberly was timely, since Live Insurance plays such an important role in the Economic set-up of so many families today.

Mr. Harry Holland, Manager, Social Security Administration, Tucson, was most interesting in presenting his subject to the workshop members. This was "The Family Looks at Social Security" and was an up-to-date discussion of Social Security as it operates today.

A timely skit presented by home agents with Dr. Hunter brought out the highlights of the workshop and was a fitting climax to the workshop program.

F. CLOTHING

1. Pattern Alteration

On March 18, 1957 the assistant agent assisted the home agent in charge of Greenlee County at a method demonstration meeting on fitting and adjusting patterns. 3 homemakers of the Morenci area were present and each was taught the basic principles of fitting a paper pattern to an individual figure. After each individual pattern was fitted, the members then constructed a muslin pattern from the fitted paper pattern. These muslin patterns were then re-fitted and each home maker ended with a workable muslin pattern that she had made and fitted to her own individual figure. Much enthusiasm was shown by those present for this type of help and when the meeting adjourned, each had plans for teaching others in their communities to construct similar basic muslin patterns.

2. Sewing Machine Clinic

One sewing machine clinic was held on May 13, 1957 at the home of Mrs. Ruby Damon in Morenci. At this meeting, four sewing machines were taken apart, cleaned, and oiled under the supervision of Miss Mildred O. Eaton, home agent in charge.

3. Lesson on Good Grooming, Skin Care

The Clifton Homemakers chose the subject, Good Grooming and Skin Care, for their lesson on June 25, 1957. 19 were present for the lesson which stressed the importance of good skin care, importance of purity in cosmetics, and the proper use of cosmetics.

G. FOODS AND NUTRITION

1. Summer Meals

Two of the clubs requested a lesson on Foods during the summer months. The lesson chosen was one on Summer Meals which was prepared and presented by the assistant home agent. A demonstration of the Cuban Chicken recipe was given by the agent. This recipe was used to stress the use of fresh fruits and vegetables in summer meal planning. Buying factors, storage problems, and conservation of time and energy were factors discussed. Planning ahead was stressed.

A mimeograph of the lesson is attached to this narrative.

SUMMER MEALS

By
Ann C. Wesley
Assistant Home Agent
Greenlee County

1. Introduction

When the Home Maker plans Summer Meals, she has a few considerations to keep in mind that are not as pressing when the weather is cooler. In planning summer meals, she should keep in mind the fact that appetites need a little extra tempting on hot days. Her menus should be delicious enough to delight the diners and well balanced enough to keep the health quotient high. In addition, since her own energy may be below par on an extra hot day, she needs to plan her meals in order that most of the time she needs to spend in meal preparation should be at a cool time of the day - namely, in the morning. Late afternoon cooking time should be cut to a minimum.

2. Points to Remember

- (a) Meals should be pretty as well as palatable.
- (b) Meals should be well balanced.
- (c) Most of meal preparation should be done in the morning so late afternoon cooking time can be kept to a minimum.
- (d) Hot Foods should be kept to a minimum but remember that a hot dish is a nice contrast to a cold meal.
- (e) Foods can be simple to prepare and still tempt the appetite.
- (f) Make good use of foods in season. Summer is a time of plentiful supply, especially fresh fruits and vegetables. Fresh fruits are colorful, economical, and delicious too. They are versatile and can be used in many combinations.
- (g) Make use of selected canned or prepared foods. Most canned meats are economical as well as time saving. Look for other good buys in ready prepared foods such as potato chips, tomato aspic, consommé, etc.
- (h) Use foods from the freezer.
- (i) Salads are important in summer meals. They are versatile and satisfying.
- (j) Outdoor Barbeques have an important place. They are fun for the entire family and are delicious too.
- (k) Let The Family help you - Example: let each stuff his own celery, make his own sandwich at the table.
- (l) Make the most of your equipment, such as electric fry pan, cookers, skillet for heating foods without lighting the over, pressure cooker.
- (m) Look into new paper place mats and dishes to cut down on clean up work after a meal. Some are most attractive.
- (n) Let your equipment serve for you. The latest in salad bowls for an outdoor barbeque is the vegetable crisper taken directly from the ice box.

3. The Importance of Planning Ahead

The Home Maker in the heat of summer, more than at any other time of year, must plan ahead to save time and, more important, save energy which is apt to be below par when the mercury climbs. By planning ahead, she will have her shopping done in the cool part of the day, her meals will be ready at short notice, and she will find she will be shopping in the most economical manner. When planning ahead she has storage to consider and IN SUMMER, GOOD REFRIGERATION IS A MUST to preserve the vitamins and freshness of many foods. CLEAR THE REFRIGERATOR OF UNNECESSARIES TO MAKE ROOM FOR PERISHABLES. Shortening (except butter, lard, and margarine), catsup, mustard, unopened cans, etc. should go on the pantry shelf. Mayonnaise should be stored in the least cold part as it tends to separate when too cold. For best buys, select vegetables from a dealer who has a rapid turnover or who keeps produce on ice. Once home, trim and refrigerate them at once. Half wilted vegetables may be revived; but their vitamins, once gone, are lost forever.

MANY FOODS NEED SPECIAL ATTENTION IN THE SUMMER and your refrigerator can be your ablest aid.

1. For Safety sake, refrigerate all salads, especially those with meat, fish, potato, egg, etc. right up until served. If for picnic, chill salad well first; then carry in picnic ice chest. Don't keep longer than 4 hours.
2. If making sandwiches, keep fillings refrigerated up to the last possible moment. Wrap in wax paper or foil; then refrigerate until served. For picnic, carry in picnic ice chest. Or take frozen sandwiches. They will thaw in time.
3. Refrigerate any custard or cream filled foods at all times. Do not buy such foods unless the shop keeps them refrigerated too.
4. Don't Be Misled! It's perfectly safe to store fruits, vegetables, meats, fish, soups, etc. in the opened original can. However, you must get them into the Refrigerator at once. Also, for best flavor, plan to use them up in the next day or so.
5. Most hams today are mild-cured. Cooked or uncooked, they must be refrigerated. Use uncooked whole hams within 2 weeks; half hams, 1 week. Use cooked whole hams within 1 week. Virginia hams (heavy cure) keep longer.
6. Canned meats such as canned corned beef hash, tongue, luncheon meat, ham, etc. slice more easily if refrigerated at least 1-2 hours. To remove from can, open both ends completely and push out the meat. Refrigerate again immediately.
7. Canned full-sized hams must be Refrigerated, but small 1-2 lb. canned hams may be kept on the pantry shelf. Well-known packers give storage directions on label; follow to the letter. When a can is opened, refrigerate at once.
8. Do not buy more than a week's supply of bacon ahead, since flavor and aroma fade if held longer. Keep in refrigerator. Do not freeze bacon.
9. Refrigerate frankfurters and use within 3-4 days after buying.

SAMPLE MENUS

I. Salad Bowl Supper (For a Scorching Day).

Menu

Home Chef's Salad Bowl

Potato Chips

Skillet Heated Rolls

Celery

(Each Family Member Stuffs His Own)

Cherry Pie

Coffee

Tea

Milk

Do Ahead

Bake Pie
Get salad makings ready to toss
Make celery stuffing
Prepare salad dressing (a French type is best)
Refrigerate all (Vegetables in crisper)

At Last Minute

1. Arrange salad in bowl, ready to toss with dressing at the table.
2. Skillet heat rolls

Recipe: Chef Salad Bowl (Serves 4)

2 qt. any 2 greens (lettuce, water cress, Romaine, escarole, chicory, cabbage, endive) in bite sized pieces
1/4# bologna (cut in strips)
1/4# salami (cut in strips)
1/4# American cheese (cut in sticks)
1/4# Swiss cheese (cut in sticks)
1 C Cooked chicken (white meat preferred) cut into long strips

Garnish with (any 2 or more)

Ripe or stuffed olives
Sliced cucumbers, radishes, or
green pepper strips
Tomato wedges
Hard cooked egg quarters
Carrot sticks
Tiny cauliflowerets

Celery Stuffing

Grated American cheese, cream cheese,
or cottage cheese moistened with
mayonnaise or cream.

Skillet Heated Rolls

Place 2 Tbsp. water in skillet. Set trivet in bottom with rolls on it. Cover and leave over low heat 10 minutes or until hot.

II. Last Minute Menu (When you arrive home late)

Corn Fritters on Frizzled Ham

Relish Tray (celery, tomato wedges, carrot sticks
sliced cucumbers)

Chilled Apple Sauce or Chilled Spiced Peaches

Chilled Cottage Cheese

Bread Sticks - Butter
Chocolate Milk - Cookies

Do Ahead

Refrigerate homemade or canned applesauce or spiced peaches
Clean and put other relish tray ingredients in the crisper
Chill cottage cheese
Have chocolate syrup handy
Prepare cookies

At Last Minute

Heat $1\frac{1}{2}$ " fat or salad oil to 365°F (hot enough to brown a 1" bread cube in one minute) in a deep skillet or automatic deep fat fryer.

Sift 1 cup flour with
1 tsp. baking powder and
1 tsp. salt
Beat 2 eggs and add
 $\frac{1}{4}$ cup milk and
2 tsp. salad oil
Stir in flour mixture and add
1 No. 2 can whole kernel corn (drained)
Drop by tablespoon into fat. Fry 3 to 5 minutes, turning once.

Meanwhile in skillet in small amount of butter, quickly saute' ham slices until lightly browned on each side. To serve, top ham slices with fritters. Makes 5 to 6 servings.

III. Indoors or Picnic Style (For when you have that extra hour)

Old Fashioned Hot Potato Salad

Whole Ripe Tomatoes

Rye Bread Chunks

Fresh Pineapple Wedges

Cup Cakes

Lemonade (Your own or concentrate)

Milk

Recipe: Old Fashioned Hot Potato Salad (Serves 6)

2#	small unpared white potatoes	3½	tsp salt
¼#	sliced bacon	1/4	tsp. pepper
1/8#	Frankfurters sliced 3/8" thick on angle	1/3	cup vinegar
½C	minced onions	1/3	cup water
1½	tsp. flour	1/4	cup minced onion
1	Tbsp. granulated sugar	2	Tbsp. coarsely chopped green pepper
1	Tbsp. snipped parsley	1	tsp. celery seeds
4	shell hard-cooked eggs		

Do Ahead

1. Make cup cakes
2. Refrigerate pineapple after cutting into chunks. (A little sugar and water syrup over this adds to it.)
3. Wash and refrigerate tomatoes

One Hour Before Serving

1. Cook potatoes in 1" boiling salted water until just tender - about 35 minutes.
2. Meanwhile, saute' bacon in skillet until crisp; remove to paper towel.
3. In same skillet, saute frankfurters in bacon fat until brown. Remove franks.
4. In same skillet, make dressing:
In 2 Tbsp. bacon fat, saute' 1/2 C. minced onions until tender but not brown. Mix together flour, sugar, salt, and pepper. Add vinegar and water - stir until blended. Stir into saute'ed onions; simmer until thickened, stirring.
5. Into dressing, slice hot peeled potatoes about 1/4" thick. Add 1/4 C minced onion, green pepper, parsley, and celery seeds.
6. Toss potatoes with dressing.
7. In salad bowl or casserole, arrange in layers potato salad, frankfurters, eggs (sliced lengthwise), and crumbled bacon.

Rye Bread Chunks

Prepare oval loaf unsliced rye bread; halve lengthwise, not quite through to bottom crust; slash into 2" slices; spread with butter or margarine.

IV. Meatless Marvel (Vegetable Dinner, Man Style)

Baked Tomatoes

Zucchini with corn

Dill Baby Carrots

Bread Crunchies

Tossed Green Salad

Lemon chiffon pie

Iced Tea with Lemon

At Your Convenience

1. Trim crusts from bread, cut loaf, part way through, into $1\frac{1}{2}$ " crosswise slices, then lengthwise through the middle. Cream $\frac{1}{3}$ cup butter with salt; then spread over cut surfaces, top, and sides of loaf.
2. From stem end of each tomato, cut off $\frac{1}{4}$ " to $\frac{1}{2}$ " slice; scoop out pulp. Invert tomatoes and refrigerate.
3. Prepare other vegetables for cooking and get salad greens ready for tossing. Refrigerate.
4. Make pie.

About 40 Minutes Before Dinner

1. Start heating over to 375° .
2. Cook macaroni dinner as package directs.
3. Sprinkle inside of tomatoes with salt; fill with macaroni alternating with sharp diced cheese. (Bake any remaining macaroni in custard cups.) Sprinkle tomatoes with crumbs and grated cheese on top.
4. Bake tomatoes and bread loaf about 20 minutes or until bread is golden brown and tomatoes are tender.

Meanwhile cook carrots (covered) in 1" boiling water with 1 tsp. salt until tender (20-30 minutes). Cook zucchini in $\frac{1}{2}$ " boiling water with 1 tsp salt, covered, until tender - about 15 minutes. Drain, toss with whole kernel corn. Drain carrots. Add 2 Tbsp. butter to each vegetable, season.

On large wooden plank, or large platter, arrange vegetables and bread in rows. Tomatoes, zucchini, carrots, and bread. Snip dill over carrots.

V. Meal in a Loaf

Menu

All-in-one-Sandwich Loaf

Raw Carrot and Dill Pickle Strips

Cups of Cream of Mushroom Soup
(To sip with sandwich loaf)

Honeydew Ambrosia

Coffee (Instant)

Recipe: All-in-one Sandwich Loaf

Chicken Filling - Mix $\frac{1}{2}$ cup finely chopped, chilled, cooked or canned chicken with $\frac{1}{4}$ cup minced celery, 2 Tbsp. pickle relish, $\frac{1}{2}$ tsp. salt, dash pepper, and 2 Tbsp. mayonnaise.

Egg Filling - Mix 2 finely chopped, shelled, chilled, hard-cooked eggs with 2 Tbsp. minced, ripe olives or $\frac{1}{4}$ cup snipped salami, $\frac{1}{2}$ tsp. salt, dash pepper, $\frac{1}{2}$ tsp. prepared mustard, and 2-4 Tbsp. mayonnaise.

Cheese Filling - Mix 2 Tbsp. hot water, $\frac{1}{2}$ 5-oz. jar sharp cheese spread.

Creamy Frosting - Mix 4 3-oz. packages cream cheese with just enough milk to make it creamy.

TO ASSEMBLE - Trim all crusts from day-old loaf unsliced white bread. Slice lengthwise into 5 slices. Spread bottom slice with cheese filling. Spread second slice with chicken filling. Spread third slice with mayonnaise, then with a layer of thin tomato slices; place on chicken layer. Spread fourth slice with egg filling, place on tomato layer. Top with last slice, rounded side up. With hands, gently shape loaf. REFRIGERATE. Place loaf in a dampened dish towel, or wrap in aluminum foil before placing in refrigerator. This will keep the loaf fresh and moist.

Honeydew Ambrosia (6 Servings)

$\frac{2}{3}$ C orange juice
 $\frac{1}{4}$ C fresh, frozen, or canned lemon juice
 $\frac{1}{4}$ C pineapple juice
1 tsp. grated orange rind
1 C granulated sugar
1 C heavy cream (whipped)
 $\frac{1}{4}$ to 6 honeydew or cantaloupe wedges.

At Your Convenience: Turn temperature control of refrigerator to coldest setting. Combine the first 5 ingredients and fold into cream. Pour into freezing tray; freeze until firm, stirring once. Then return temperature control to normal setting. To serve, heap mixture on melon wedges; top with more orange rind.

Do Ahead

Make ambrosia
Assemble sandwich loaf and refrigerate
along with melon and relishes

At Last Minute

Frost sandwich loaf and cut into
thick slices while canned soup heats.

VI. Something Different For the Family or When Company Comes

Chilled Consomme'

Cuban Chicken

Steamed Brown Rice

Green Peas

Garlic Bread Toasted

Sherbet

Milk - Coffee

Recipe: Cuban Chicken (6-8 Servings)

- 2 boxes chicken thighs (2#)
- 1/2 C salad oil (More may be added if needed to brown chicken)
- 2 tsp. salt
- 1 tsp pepper
- 3/4 C grated onion
- 1 - #2 can pineapple chunks or spears with juice
- 1 tsp. cinnamon
- 1 Tbsp. chili powder
- Juice from 1 - #2 can seedless grapes

Garnish

- 1 small avacado sliced lengthwise
- 2 banana (halved) and cut in spears
- Seedless grapes from #2 can
- Orange sections (if desired)

Do Ahead

1. Put consomme' in refrigerator to chill
2. Make garlic butter
3. Thaw chicken

1 1/2 Hours Before Serving Time

1. Brown chicken well in salad oil.
2. Add other ingredients to chicken in same skillet.
3. Cook slowly (covered) for 1 hour. (A covered electric fry pan is excellent for this.)
4. While chicken is steaming, cook rice, peas, and butter bread for toasting in oven.

At Serving Time

Chicken is removed to platter and garnished with fresh fruits and avacado. The liquid from the chicken is poured over all.

SUMMER BREAKFASTS

In summer as in winter, breakfast can be the most important meal, so start the family's day off with a good one. Remember that breakfast comes after the longest period of rest for the body. Food eaten the night before should be digested and the body, like a piece of machinery, needs fuel at this period more than at any other time of the day. So often, the home maker neglects breakfast and send her family on the day's way without this important meal. Take advantage of cool mornings to serve tempting breakfasts and so avoid those 11 AM slumps. A good breakfast will make it easier to take the day's heat.

Sample Menu: Chilled citrus juice (a big glass)
 Prepared cereal (vary with hot even though it is summer)
 Eggs poached in cream
 Breakfast Canadian Bacon
 Toast - Butter - Preserves
 Cold Milk - Hot Coffee

SUGGESTIONS:

1. Serve all fruits, juices, and other liquids thoroughly chilled.
2. Use chilled fresh fruits in abundance.
3. Serve hot foods hot.
4. Vary the main course
 - (a) Scrambled eggs with chives
 - (b) Creamed chipped beef on toast
 - (c) Ham omelet
 - (d) French toast
 - (e) Broiled Link Sausage
 - (f) Waffles with crisp bacon
5. Use eggs often - at least 3 times a week.
6. Use some citrus each day as a source of Vitamin C in the day's diet.

SUMMER LUNCHES

Summer Lunches depend upon the habit of the family. Some families have their main meal at noon, while in other families, the main meal is the evening meal. Each homemaker will know the mode of living for her family, and her plans will be made in accordance. The same general rules outlines will hold good.

If her main meal is served at noon, the homemaker will automatically have the coolest part of the day for food preparation. Her evening meal becomes the lunch which other families will serve at noon.

These lunches are usually light meals that provide the bridge between a hearty breakfast and a hearty dinner. However, because they are light meals, the rules of good nutrition should not be forgotten, but carefully considered in planning.

Sample Menu

Grilled Ham, Tomato, and Cheese Sandwich
(Pickle Garnish)

Sliced Bananas and Cream

Iced Lemonade

Grilled Sandwich -

1. Butter 2 slices bread (one side only)
2. Place a slice of American Cheese on one slice of bread (the unbuttered side)
3. On top of the cheese, place 2-3 slices of fresh tomato, thinly sliced. Cover the tomatoes with a slice of ham and top with remaining slice of bread. (The buttered sides of both bread slices should be on the outside.) Grill in electric sandwich grill until toasted and sides are nicely browned, and cheese is melted.

Another good sandwich filling is as follows:
This is one that freezes particularly well.

1# pkg. raisins, ground
1 C walnuts, finely chopped
or coarsely ground
1/2 C marshmallow cream

Mix well and use a little cream if necessary.

Sandwiches can be frozen and used as needed. Do not try to keep these in the freezer longer than 2 or 3 weeks, however.

Another handy trick is to keep plenty of juices, cold milk, or a pitcher of ade ready in the refrigerator at all times. In summer we lose so much water through perspiration that cold drinks are a must. The family can help themselves if cold juices are handy in the refrigerator. Tomato juice and citrus juices are excellent sources of Vitamin C, and you will be guarding the family's health if plenty of these juices are available.

In planning summer lunches, do not forget the value of plenty of fresh fruits. Summer is the time of abundance for a wide selection of fresh fruits. These are usually economical in season, and many can be frozen for use later.

If your family has a box or pack lunch which has been prepared earlier in the day, do not forget that some foods must be kept cold for safety's sake. There are many types of small portable ice chests on the market. Some are the vacuum type and will maintain correct temperatures over a short period of time. Some type of refrigeration is almost a must for a family member who has to take a lunch from home.

Frozen sandwiches are very handy when a lunch is to be eaten at a later period. These sandwiches will be thawed and ready to eat when needed. These are practical if some type of refrigeration is not available.

You will find the freezer compartment of your refrigerator very handy for freezing left overs. These left overs can be used to great advantage at lunch time, when a light meal is in order.

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H. COMMUNITY LIFE AND HEALTH

The Greenlee County Fair Board and the Greenlee County Supervisors held a picnic supper on June 11, 1957 at the Greenlee County Fair Grounds. The County Extension Staff was invited to be present at this meeting which was for the purpose of discussing improvements to the present fair buildings and the possible construction of a new exhibit building as the present one has become too small. Plans also include the construction of a new office building and new rest room facilities at the fair site.

The York Homemakers have been developing the community club house as a project. This improvement project has consisted of making new drapes, sign, and painting of the building and equipment. This building was donated as a community meeting hall and is used by both the homemaker club and the 4-H community club. The York Homemaker Club is a very vital factor in community social and civic affairs.

The Plantsite Club and the Morenci Homemaker Clubs are both represented in the home nursing classes. The Plantsite Club has been taking the home nursing course as a group.

Morenci has given excellent support to 4-H Work.

There were no representatives from Greenlee County at the Country Life Conference this year, although Morenci had 2 to attend in 1956.

I. OUTLOOK

1. It is felt by this agent that more women will be interested by fall in the Homemakers Club program in the Duncan area. When vacation periods are over and families settle into routine again, the membership probably could be increased.
2. Organization of a second club is also a possibility. If possible, age groups should be considered, since interests of a younger group might conflict.

Greenlee County has another potential Homemakers Club in the Clifton-Morenci area. This would be a Spanish American group. The organized clubs in the area may be interested in sponsoring such a group.

3. The high mountain areas in the north (The Blues) are an unexplored potential in the Homemaking program. Sparse population and high mountainous roads may be a factor against definite organization in the area.